

Western Menu Plan: Red Meat (Regular or Minced)

2019		Monday	Tuesday	Wednesday	Thursday	Friday	
W E E K 1	Jan21-Jan25 Feb18-Feb22 Mar18-Mar22 Apr15-Apr19 May13-May17 June10-June14	July8-July12 Aug5-Aug9 Sept2-Sept6 Sept30-Oct4 Oct28-Nov1 Nov25-Nov29 Dec23-Dec27	<i>Cream of Vegetable</i> Chicken Teriyaki Mixed Rice & Peas Vegetables <i>Cookie</i>	<i>Carrot Soup</i> Barbeque Meatloaf Pasta Vegetables <i>Macaroon Bite</i>	<i>Cream of Tomato</i> Perogies and Turkey Sausages Sauerkraut <i>Fresh Orange</i>	<i>Seafood Chowder</i> Battered Fish Rice Vegetables <i>Brownie</i>	<i>Corn Chowder</i> Boneless BBQ Ribs Mashed Potatoes Vegetables <i>Date Square</i>
	Jan1-Jan4 Jan28-Feb1 Feb25-Mar1 Mar25-Mar29 Apr22-Apr26 May20-May24 June17-June21	July15-July19 Aug12-Aug16 Sept9-Sept13 Oct7-Oct11 Nov4-Nov8 Dec2-Dec6 Dec30-Dec31	<i>Cream of Cauliflower</i> Mediterranean Chicken Mashed Potatoes Vegetables <i>Banana</i>	<i>Vegetable Barley Soup</i> Salisbury Steak Fried Potatoes Vegetables <i>Oatmeal Raisin Cookie</i>	<i>Chicken Vegetable</i> <i>Soup</i> Butter Chicken Fried Rice Vegetables <i>Cheesecake</i>	<i>Roasted Tomato Soup</i> Poached Fish Basmati Rice with Mushrooms Vegetables <i>Cinnamon Crunchie</i>	<i>Vegetable Soup</i> Spaghetti and Meat Balls Vegetables <i>Apple Crumble</i>
	Jan7-Jan11 Feb4-Feb8 Mar4-Mar8 Apr1-Apr5 Apr29-May3 May27-May31 June24-June28	July22-July26 Aug19-Aug23 Sept16-Sept20 Oct14-Oct18 Nov11-Nov15 Dec9-Dec13	<i>Minestrone</i> Roast Chicken Mashed Potatoes Vegetables <i>Chocolate Cake</i>	<i>Split Pea Soup</i> Cabbage Rolls Vegetables <i>Apple</i>	<i>Cream of Broccoli</i> BBQ Chicken Mixed Rice and Peas Vegetables <i>Muffin</i>	<i>Clam Chowder</i> Salmon Patty Pasta Vegetables <i>Mini Donuts</i>	<i>Cream of Potato</i> Roast Pork Mashed Potatoes Vegetables <i>Coconut Cake</i>
	Jan14-Jan18 Feb11-Feb15 Mar11-Mar15 Apr8-Apr12 May6-May10 June3-June7	July1-July5 July29-Aug2 Aug26-Aug30 Sept23-Sept27 Oct21-Oct25 Nov18-Nov22 Dec16-Dec20	<i>Mulligatawny</i> Chicken Cacciatore Noodles Vegetables <i>Brownie</i>	<i>Roasted Eggplant Soup</i> Sweet and Sour Meatballs Rice Pilaf Vegetables <i>Banana Loaf</i>	<i>Chicken Noodle Soup</i> Roast Turkey Mashed Potatoes Vegetables <i>Butterscotch Pudding</i>	<i>Navy Bean Soup</i> Seafood Casserole Rice Vegetables <i>Peach and Pear Halves</i>	<i>Mushroom Soup</i> Shepherd's Pie Grilled Tomato Vegetables <i>Cheesecake</i>
Sandwich Pack		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit	